



U137 // BLOOM & WITHER

"Inspired by the quote printed on the cover art (*see below*), **'Bloom & Wither'** is my way of describing something unimaginably big with only a few words. It explains not only the flowers standing on an old ladies' kitchen table and her passing thoughts as she reflects on her long-lived life, but also almost everything else we know about our existence in this vast universe that surrounds us. Everything has a beginning and an end. 'Nothing lasts. Everything is perishable.' We 'bloom and wither' as I like to describe it. It might seem like something sad, but it could also be a comforting realization knowing that the most difficult times or the darkest thoughts we experience have an end to them. A time will come when everything will feel better," says Oscar Gullbrandsen of Swedish post-rock outfit **U137**.

Oscar continues, "For quite some time I have been affected by the fear of dying, or more precisely I have a hard time accepting the thought of not existing anymore. These thoughts were never occupying my thoughts to any greater extent, but they started escalating and taking a much bigger space in my mind when losing my very best and oldest friend, Adam who was the second member of this musical project, to a tragic and too early death back in 2017. At the time I started recording this song, I was stumbling across a very interesting book, a self-biography by a Swedish economist and lecturer, Björn 'Nattiko' Lindblad, who sought Buddhism and spent 17 years of his life in a forest monastery in Thailand. In 2018, Björn was sadly diagnosed with ALS. In an interview he gave not long before he passed away I was very moved by some of his wisdom for those struggling with heavy thoughts. It might seem very simple and obvious to some and it might be helpful for others. So I decided to print it on the cover of this single. I was very inspired by these words when I was writing and building the structure of this song."

"Nothing lasts. Everything is perishable. It may feel like a sad realization, but it's a part of life. Understanding this can provide comfort and confidence about the conditions that govern our existence. If nothing lasts, then that applies even to the most troublesome moments. Even heavy thoughts disappear. Sometimes it's enough to sleep on the matter. In the morning you can wake up with new energy and new perspectives." - Björn Lindblad

Bloom & Wither was produced, performed, recorded, mixed and mastered by Oscar Gullbrandsen at U137 Studios in Borås, Sweden. Cover image by Unknown. Photo by Casper Berndtsson. U137's discography includes *Imagination* (2022), *Chapter Two* (2019), *Have Hope / Beyond The Horizon* (2020), *Adam Forever / The Great Leap* (2017) and *Dreamer On The Run* (100+ Million Global Streams, 2013) all released on Deep Elm Records. Oscar was also a member of *Moonlit Sailor* and *Sons Of London*. Despite the deceptive simplicity and immediate familiarity of the music, on closer inspection you will find that each U137 song is skillfully arranged with a soothing, soaring, sweeping complexity and self-disciplined intricacy that together form a blissful and recognizably human score to any life event. With the aim of generating a feeling of pure euphoria in the listener, succeed U137 does...on every level. Scandinavian artistry at the highest level. U137 was named after the Soviet submarine which ran aground in Swedish waters during the Cold War.

"Rich in textures, nuance, unexpected softness and energy, if you aren't moved by these songs, you aren't human." - Earmilk
"Elegantly arranged with dreamy reverb and a beautiful glow of pathos, melody, energy and spirituality." - TroubleZine

Recommended For Fans of: Lights & Motion, Moonlit Sailor, Floating In Space, Montear, Hammock

Genre: Post-Rock, Cinematic, Ambient, Instrumental

